# LUNCH

## SUNDAY, SEPTEMBER 22, 2019

## CHICKEN FRAICHE



**CALORIES** 300

SODIUM 878mg

**PROTEIN** 28g

**FAT** 17g **CARBS** 9g

**CHOLESTEROL** 85mg

**FIBER** 0g

### **ROAST BEEF**



**CALORIES** 269

SODIUM 450mg

**PROTEIN** 29g

FAT 17g **CARBS** 0g

**CHOLESTEROL** 98mg

**FIBER** 1g

#### **BREADED SHRIMP**





**CALORIES** 304

SODIUM 570mg

**PROTEIN** 12g

FAT 16g CARBS 28g

**CHOLESTEROL** 136mg

**FIBER** 0g

### **RED BEANS AND RICE**



**CALORIES** 130

SODIUM 534mg

**PROTEIN** 5g

**FAT** 1g

**CARBS** 25g

**CHOLESTEROL** 0mg

**FIBER** 6g

contains wheat







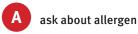












# DINNER

## SUNDAY, SEPTEMBER 22, 2019

### **CHICKEN SPAGHETTI**





**CALORIES** 345

**SODIUM** 540mg

**PROTEIN** 22g

**FAT** 15g **CARBS** 30g

CHOLESTEROL 60mg

**FIBER** 2g

## PORK EGG ROLL





**CALORIES** 165

SODIUM 363mg

**PROTEIN** 7**g** 

**FAT** 13g CARBS 12g

**CHOLESTEROL** 49mg

**FIBER** 1g

## VEGETABLE EGG ROLL VG









**CALORIES** 140

**SODIUM** 450mg

**PROTEIN** 4g

**FAT** 5g

CARBS 23g

CHOLESTEROL 5mg

**FIBER** 2g

## **BLACK BEAN PASTA**





**CALORIES** 242

**SODIUM** 490g

**PROTEIN** 7**g** 

**FAT** 10g **CARBS** 31g

**CHOLESTEROL** 0<sub>mg</sub>

**FIBER** 5g

contains wheat

















